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A sporting  
life



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Early library  
hours



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jobs

# the newhammag

issue 371 // 28 July – 10 August 2017 // Every fortnight



**Music  
and  
fireworks**

Enjoy fun Under  
the Stars (p16)

Look out for the next issue from **11 August 2017**.

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**PUBLICATIONS OFFICER** Kiy Akmal  
**STAFF PHOTOGRAPHER** Andrew Baker  
Call the Mag team on **020 3373 1517**  
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Julie Moxell on **07500 529 990**

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# News

## Rating scheme to tackle letting agency cowboys

**Newham Council is to create the UK's first letting agency ratings scheme to protect residents and landlords from property industry cowboys.**

Mayor Sir Robin Wales and members of the council's Cabinet agreed to publish an individual star rating from zero to five stars for each letting agency operating in the borough.

The ratings will be based on the results of a council bar lettings project, which for a two-year period has seen all letting agencies audited by the council's trading standards. As a result of the audit, which considered performance, compliance with the law and delivery of best practice, each agency is awarded a star rating from zero to five, where five is the best.

Each agency will be informed how they've done and are given 21 days to appeal if they think the information is wrong or out of date. At the end of the appeal period the ratings will be published on the council's website.

The council will publish the ratings in full, including the names of the worst agents to encourage them to improve, and the very best to encourage residents and landlords to use them.

The letting agents rating scheme is designed to run alongside and support Newham's Private Rented Sector (PRS) licensing scheme, which has resulted in

more than 1,100 prosecutions of criminal landlords.

The ratings will provide residents and landlords with the information they need to pick the best and most professional agents. It is hoped that by making informed decisions, residents and landlords will avoid being ripped off by agents who may fail to refund deposits, pass on rental income, charge unjustified and astronomical fees, or fail to address complaints.

Mayor Sir Robin Wales said: "We are stepping in to protect residents and landlords from businesses and individuals who exploit extreme demand in the property market to rip off and overcharge."

"Our Private Rented Sector Licensing Scheme aims to drive up the quality of homes for rent in the borough and the scheme seeks to increase the level of professionalism of those who work in the industry."



The ratings give PRS landlords who help protect residential and landlords from cowboys the data used by the Mayor last week

## Driving up quality of homes for rent

# News

## Anger as dumper dodges jail

Newham Council has expressed disappointment that a small fly-tipper from Romford was given only a suspended prison sentence for dumping rubbish in East Ham.

Peter Carpel, 45, admitted fly-tipping 69 bags of building rubble, 21 bags of garden waste, three mattresses and a bed frame in Watson Avenue in February. Carpel, who has two previous convictions for fly-tipping, said he had been paid to take the rubbish.

At Thomas Magistrates Court he was given a 12-week prison sentence suspended for 18 months and ordered to pay £1,165 to the court, including £1,000 of the council's costs.

Councillor Farhad Hussain, Cabinet member for crime and anti-social behaviour, said: "It's frustrating that a career criminal who dumps rubbish on our streets for money has been spared jail. I doubt that residents have much sympathy with second, and in this case third chances, and frankly neither do I."



The dumped rubbish



Councillor Clark and Mike Field with poetry slammers

## Residents are versed in success

The air around Stratford Library was filled with iambics and sonnets at a poetry slam which launched a new Summer Poetry programme.

More than 90 people attended the event, which included an open microphone poetry session and performances by a Latin American choir and an exhibition by local artists.

Deputy Mayor (at-large) Councillor Ken Clark, Cabinet member for community neighbourhoods, said: "This was a great event, which saw many people getting involved and sharing their passion for the arts. I even made up a poem using my own name."

"It is activities like this that are great for bringing people together and building a strong community over a shared passion."

The library will be hosting a series of poetry events over the summer including Poetry School on July 30 and a festival on August 19.

## Poetry slam brings community together

## ...in brief

### Festival is streets ahead



Mayor Sir Robin Wales and Deputy Mayor (statutory) Councillor Kim Clark joined residents for a host of fun at the annual Forest Gate Festival.

The street event has been taking place in Osborne Road for 18 years. Every year on a Saturday in June, the

road is closed and given over to activities including a music stage, craft stalls, street performers, children's activities, food from around the world, cakes and candy floss, dancers, street entertainers, story-telling, bouncy castles, face painting and more.

The festival is run by a team of volunteers from the community and residents who raised £3,000 in a crowdfunding project to stage the event.

Sir Robin said: "This is a great event that always manages to bring people together in an atmosphere of celebration and pride in the area and its community. Well done to all involved."

### Partners in boosting health facilities

Newham is set to be the first place in the country to set up a partnership to own and build integrated health and care facilities.

Newham Council, NHS Newham Clinical Commissioning Group, the East London Foundation Trust and health partners, have agreed in principle to establish a joint venture to create state-of-the-art facilities that combine traditional GP surgeries with advanced medical, community, social care and mental health support.

The project is also designed to create 100 affordable homes for rent for health and social care workers. An arms-length organisation will manage the project, which will be supported by £2 million in start-up funding from the council.

### Memories of library

Residents are invited to share their memories of Canning Town Library before it closes in September and moves across the Baking Road to Rathbone Market as part of a new community neighbourhood centre.

On Tuesday 18 August from 5.30pm to 7.30pm, there will be talks, speeches, singing and dancing, at a memories event where people can share photos, letters and quotes on a memories board.

### Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park during event days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones (RPZs) are extended and apply from 6am to 6pm. Only permit holders can park in RPZs at this time. Event days are from Friday 4 to Sunday 13 August for the IAAF World Athletics Championships.

### Breathe life into alleys

Newham Council is looking to transform alleyways into vibrant parts of the community.

The council's community neighbourhoods teams want to work with residents and community site organisation Parambola to put on activities in each alleyway. A special borough-wide festival in the borough's alleys is due to take place from September 29 to October 1.

To get involved contact your community neighbourhood team or email [newhamalleyways@parambola.co.uk](mailto:newhamalleyways@parambola.co.uk)

# Residents show pride in area

# Mayor's view

## Free school meals set to continue

My promise to residents has been that while I am Mayor, we will continue to deliver free school meals for all our primary school children despite the savage cuts to our budget from the Government. You have told me it's important to you and one of the many things that Newham Council does well.

We have been delivering free school meals since 2009 and our schools have worked with us to fund the meals for our junior aged children. However the Government is now inflicting the same brutal cuts we have faced, on to our schools' funding, and they will receive even less money in the future.

A huge 70 per cent of primary schools said they are prepared to work with us on this important promise to deliver free school meals, but some of them raised concerns about their inability to continue to do so given the funding situation.

With 19 schools deciding that they could no longer afford the meals, we were faced with what effectively was a postcode

lottery with some parents being forced to pay for a meal for their child and others whose children would not receive a nutritious meal at all. It is grossly unfair that our youngest residents should miss out.

At our Cabinet meeting last week, I and my fellow councillors agreed to step in and pay for the meals from the council's budget. Schools will not have to pay a penny for them. This will ensure that more than 15,600 pupils can continue to access a free school meal who would not otherwise receive one.

We've taken this step because it supports children's learning. Our improving results are testament to this. It also supports our families and puts on average £500 back in the pocket of hard working parents.

Now that we have agreed to fully pay for all the meals, I hope our schools will continue to deliver this important scheme.



Serving up free school meals at Human Road primary school in East Ham.



## Values are a lesson well learned



On stage with Councillor Alan Alarice and pupils during the values assembly

I always enjoy visiting our young people and I was delighted by the warm welcome I received from Year 6 pupils of Clives School in East Ham and Tollgate School in Plaistow, who together are part of the Boleyn Federation of Schools.

Together with Councillor Alan Alarice, a federation governor, I was invited to hand out medals, scrolls and certificates in a joint assembly held at Clives to celebrate their work on the subject of British values, including the themes of equality, democracy, liberty and mutual respect.

The pupils sang a selection of traditional British songs including Greensleeves and Jerusalem. They displayed pledges and coats of arms they had made which explained what Britain means to them. They have also been learning about how they can contribute positively to the lives of people living and working in the area around their schools.

I'm proud to live in the most diverse place in the country. Here in Newham we show every day how people from all backgrounds can come together as one community, and the pupils at Clives and Tollgate schools are proof of that.

## It's the taste of real success



From left, Alan Bromley-Derry, Jeremy Tork, Steven Macdonald and John Barber

Just a few decades ago you wouldn't have seen too many people drinking takeaway coffee in the street. We all appreciate it much more now and the people at Union Hand Roasted Coffee in Canning Town are playing a huge part in educating our taste buds.

Founders Steven Macdonald, a former researcher into infectious diseases, and Jeremy Tork, a former optician, switched careers because they both loved coffee and the idea of being able to produce flavours and tastes in a creative and sustainable way.

Their efforts have now been recognised in The Queen's Awards for Enterprise 2017. Their business model for sustainably sourcing exceptional coffee has been honoured for outstanding achievement in sustainable development.

Together with Deputy Lieutenant John Barber, The Queen's representative in the borough, and Newham Council chief executive Kim Bromley-Derry, I presented them with the award. Long may they continue to be fine ambassadors for Newham here and abroad.

# Super sporting effort

More than 2,000 residents got active at Stratford Park when it was transformed into a sporting arena for the first Super Saturday of Sport.

Roller skating, free running and tennis were some of the activities on offer during this free taster event. More than 30 different activities were available for adults and youngsters to try including sessions with local sports clubs and groups.

Essex County Cricket Club, East London Rugby Club, West Ham Lawn Bowls Club and Newham Council's own leisure trust activeNewham led some of the activities, alongside volunteers from the Youth Council. The event was supported by developers Landsease and the area's business-led and funded business improvement district Stratford Original.

Members of the Stratford and West Ham Community Neighbourhood teams were also at the park to highlight the many weekly community events which help to bring

residents together.

Deputy Mayor (statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, kick started the Wild Style mascot race to open the event. Councillor Clark said: "It was great to see Stratford Park a buzz of activity. Between penalty shoot outs, free running and intense games of chess, everyone got a chance to try something different."

"I hope that this event opens residents eyes to the many activities that are available locally in West Ham and Stratford. Many people have told me that they are already looking forward to the next Super Saturday of Sport next year."

More than 450 medals were given out and the most active boy, girl and family on the day won prizes.







Belvoir Councillors Clark, Forhad Hussain, Tahmineh Fathman, Max Patel, Idris Brothers, Richard Crawford, and Young Mayor (Roshika Sethi) enjoyed the fun





# Attention all working parents!

## 30 Hours Extended Entitlement For 3 and 4-year-olds

### Am I eligible?

Both parents must be working (or a lone parent must be working)  
and be earning at least £120 a week and each earning less than £100,000 per year.

### When is my child entitled to a place?

<b>If your child's third birthday is between the following dates you should apply in this period:</b>	<b>He/she will become entitled to their funded 30 hours place from:</b>
1 January – 31 March	The start of the summer term (after Easter)
1 April – 31 August	The start of the autumn term (September)
1 September – 31 December	The start of the spring term (January)

### How can I apply?

Make your application at [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) or contact the helpline on 0300 123 4097

If successful please take your approval to your chosen childcare provider before the start of the term you wish to start.

A directory of Newham providers can be found at [www.newham.gov.uk/30freehours](http://www.newham.gov.uk/30freehours)



Councillors Clark and Hussain read stories of the early doors



# EARLY BIRDS ARE BOOKING IN

Newham's libraries are not just places where you can find a new book to read or a film to watch, but also somewhere to enjoy fun free activities and discover what's happening where you live.

At Forest Gate community neighbourhood centre and library you can do that for longer thanks to early opening.

As part of a pilot scheme until September, residents are taking part in activities from 8am on Monday to Friday, leaving them more time to do other things during the day.

On Monday until 11am there is table tennis, Tuesday and Thursday has stay and play sessions until 10.15am bringing parents together to socialise while their young ones play, on Wednesday residents aged 50 take part in tai chi to get their day off to a relaxing start and on Thursday they enjoy yoga, Friday morning sees tea and toast offered to anyone borrowing a book.

The community neighbourhood centre and library is open until 8pm on Monday

to Saturday where you can grab a coffee and a book and browse the internet on the enhanced computers and free wi-fi available.

Deputy Mayor (statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, and Councillor Farhad Hussain, deputy Cabinet member for community neighbourhoods, visited some of the groups taking advantage of the early opening. Councillor Clark said: "People on their way to work or returning from taking children to school seem to like the earlier time. We've already seen an increase in residents coming in and an increase in book issues during those extra hours."

The council is set to continue the pilot programme at the established East Ham community neighbourhood centre and the

new Custom House and Canning Town centre when it opens near Rathbone Market in Barking Road.

Councillor Clark added: "Our libraries play a key role in building stronger and more resilient communities. I hope people continue to make full use of these extended hours. At a time when many boroughs are closing libraries, we are keeping ours open, extending opening hours and making them the centre of our communities."

For more information contact:  
Forest Gate Community  
Neighbourhood Centre and  
Library on 020 3373 0666 or email  
en.forestgate@newham.gov.uk

Please put tissues  
into your rubbish bin

Newham London



In Newham we collect tin cans for recycling. The metal in drink tins can be recycled many times so it's important that it is saved rather than thrown away.

Please visit [www.newham.gov.uk/recycle](http://www.newham.gov.uk/recycle) to find out what items are collected for recycling in Newham.

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# Step into Summer with **ParkLives**

**The ParkLives summer programme returns to the borough's parks for the fourth year and includes some great new activities as well as family favourites and best of all it's FREE.**

This year through ParkLives, a partnership between Coca Cola Great Britain and Newham Council, there are a whole host of new activities for residents to try including American football, tag, archery, community golf and paddle boarding, as well as favourites like hula hooping, roller skating and family rounders.

If relaxation is more your thing you can get involved in yoga and group walking sessions.

Councillor Farhad Hussain, Cabinet member for sports and leisure, said "Every day of the week we have a packed timetable of activities to help you make the most of the summer in our parks. You can choose from getting active in a group exercise class, team sport or family games session, or if you prefer something less intense you can come along and get chatting to your neighbours during our friendly walking sessions. We really have something for everyone, so don't miss out."

Events will be running at the following locations:

- Canning Town Recreation Ground, Prince Regent Lane
- Central Park, High Street South, East Ham
- Docklands Equestrian Centre, Beckton
- East Ham Nature Reserve, Norman Road
- Forest Lane Park, Forest Lane, Forest Gate
- Gooseley Park, St Alban's Avenue, East Ham
- Keir Hardie Recreation Ground, Tafford Road, Canning Town
- New Beckton Park, Savage Gardens Beckton
- Newham City Farm, Starfield Road, Beckton
- Plaistow Park, Greengate Street Plaistow
- Plashet Park, Plashet Grove, East Ham
- Roof East, Broadway, Stratford
- Stratford Park, West Ham Lane, West Ham
- Wakeup Docklands, Royal Victoria Beach, Canning Town



Sessions start from 21 July to 3 September 2017.

ParkLives activities are suitable for all ages and fitness levels. Children under the age of 13 need to be accompanied by a parent or guardian over 18 to take part. For more information and a full timetable of activities visit [www.newham.gov.uk/parklives](http://www.newham.gov.uk/parklives) or call 02050 227 711



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**E15 SCREEN**

The logo features the text 'E15 SCREEN' in a bold, black, sans-serif font. The '15' is stylized with a horizontal line through it. The text is set against a solid orange rectangular background. To the right of the orange box is a large, thick, grey arc that curves upwards and to the right. Below the orange box is a thin black horizontal bar.

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STRATFORD  
& WEST HAM

Three deck chairs with orange and white striped fabric are arranged on a green lawn. The chairs are black-framed and are angled towards the right. The lawn is represented by a large green triangle that points towards the bottom right corner of the image.



# No longer searching for work

**Eleven young residents with disabilities have been congratulated for their hard work at Newham University Hospital in Plaistow.**

The group of young adults have graduated from a supported work placement programme which saw them work in the pharmacy, kitchens and wards of the hospital.

Project SEARCH is a programme which sees 18 to 30-year-olds carry out internships on wards and departments throughout the hospital and receive support with skills to prepare them for further employment.

Now in its second year the programme is hosted by Newham University Hospital and supported by Newham Council, Newham College and Barts Health NHS Trust. The 11 young residents

celebrated completing the programme at a ceremony earlier this month attended by Chair of the Council Councillor Joy Laguda, and Councillor Neil Whelan.

Councillor Laguda praised the young people who took part, saying: "This programme helps residents to get a taste of the world of work."

"These young people have carried out real jobs in the hospital and by doing so have made a great contribution to their local community. I would also like to express our gratitude to our partners Barts Health NHS Trust and Newham College for their support."

Raymond Fernandez, a graduate

from the programme, said: "We owe our greatest thanks to both our job coach and tutor for their exceptional support and for believing in us. This programme has helped to transform our lives."

fellow graduate, Uroosa Chaudhry added: "This experience has helped to build up our confidence. We all enjoyed it and I am very happy I have graduated. It has helped me to prepare for taking up job opportunities."

Due to the continued success of the project, it will run again from September this year. For more information visit [www.newham.gov.uk/workplace](http://www.newham.gov.uk/workplace)

SATURDAY & SUNDAY NIGHTS AT

# UNDER THE STARS

Four nights of **FREE** live outdoor music will take place from Thursday 17 August to Sunday 20 August, at Central Park, East Ham, courtesy of Newham Council and Mayor Sir Robin Wales. The last two nights offer soul divas, classical maestros and a spectacular fireworks finale.

## SATURDAY 19 AUGUST

Saturday night will be hosted by Heart FM's one and only **DJ Roberto**

### The Three Degrees

Headlining Saturday night is one of the most fabulous girl groups of all-time - the incredible The Three Degrees. Known for their soulful voices, beautiful gowns, and fabulous stage shows, they are legendary all around the world for songs like 'When Will I See You Again', and 'Take Good Care Of Yourself'. The group are also firm favourites with Prince Charles, having performed for him at his 30th birthday party in 1978.



### Ruby Turner

The middle act on Saturday is none other than soul diva Ruby Turner. Blessed with a voice that can breathe life and meaning into any song, Ruby was awarded a much deserved MBE last year and is well-known for fronting Jools Holland's current band. To date, Ruby has released 19 albums and has appeared on releases with the likes of Brian Ferry, UB40, Steve Winwood and Mick Jagger.

### Edwin Starr Band featuring Angelo Starr

The Edwin Starr Band featuring Angelo Starr is our opening act for Saturday. Expect to hear standards like 'Vagant 00 Soul' and 'Higher & Higher'. Featuring saxophone, keyboard, guitar, and drums, this is the perfect act to get you in the Under the Stars mood!





## SUNDAY 20 AUGUST



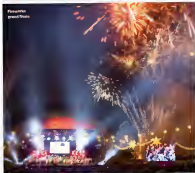
### Royal Philharmonic Orchestra

One of the world's leading orchestras, the Royal Philharmonic Orchestra, will once again return to Central Park to play an open-air concert full of high quality classical music. Welcoming back John Rigby as conductor, the orchestra will perform popular tracks such as Tchaikovsky's 'Sleeping Beauty Waltz', Gershwin's 'Porgy and Bess Summertime', Strauss's 'Die Radetzky Overture' as well as regular favourites. The orchestra will be accompanied by the thrilling operatic voices of mezzo-soprano Melanie Marshall and bass-baritone tenor Rodney Earl Clarke.

### ECaM Stars Orchestra

Children from Newham's Every Child a Musician programme, known as the ECaM Stars Orchestra, will open the evening of flag-waving and singing with a wonderful performance.

Sunday night will conclude with a spectacular fireworks finale.



**Thursday 17 to  
20 August**

Gates open daily at 6.30pm  
Central Park, East Ham, E6

For more information visit [www.newham.gov.uk/UTS](http://www.newham.gov.uk/UTS)

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Programme subject to change

Mayor of  
Newham

SATURDAY & SUNDAY NIGHTS AT

# UNDER THE STARS

## Ruby is a singing gem

Soul and R&B singer Ruby Turner has had a long and successful career in the music and creative industries, but she is looking forward to lifting people's spirits at Under the Stars on Saturday 19 August in Central Park, East Ham.



Ruby started out in the 1980s performing alongside the likes of Culture Club before reaching the top of the US chart in her own right in the 1990s and singing at the opening of the Millennium Dome on New Year's Eve in 1999. Most recently she has toured with Jools Holland and recorded with Ed Sheeran.

She will perform her own songs and covers at the third night of our annual music extravaganza. Ruby said: "I feel fortunate to have been in the business for more than 30 years and it still gives me a buzz. I feel privileged to still be doing it."

"I have worked with Mick Jagger, Boy George and Culture Club, Steve Winwood, Ed Sheeran, Jools Holland and many more. All have made an impact on me. Steve was a funk-master and Ed's writing reminds me of Van Morrison. He is a true modern-day poet."

Last year Ruby was awarded an MBE for services to music, but in recent years she has also stepped away from the microphone and turned her hand to acting. She appeared in feature film *Love Actually* and took a role in the TV comedy *Little Britain Abroad*. She was also hugely popular as a judge on the BBC2 series *The Choir*.

She added: "I am very fortunate to have been asked to do all these things. I've gone from being on beams on tour after working late gigs to things improving steadily over the years and people truly believing in me."

"The country has faced some challenges lately and times have been difficult, but we have seen amazing people in our communities coming together. That's why at Under the Stars we are going to have a fine celebration. Musicians have the power to uplift spirits and we will come together and weather the storm."

# 'The music is part of a bigger evening'

The classical sounds of the Royal Philharmonic Orchestra have heralded the closing night of Under the Stars for many years.



RPO conductor John Roly in rehearsal for Under the Stars for the sixth time



For more information visit [www.newham.gov.uk/UTS](http://www.newham.gov.uk/UTS)

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Programme is subject to change

At the helm of the orchestra is conductor John Roly, a self-confessed fan of Newham and the way music is made accessible to the borough's residents.

This is John's sixth appearance at Under the Stars, and he is flying in especially to conduct the Sunday night concert, as he is actually in the middle of a contract in America during the event.

"Although I do a lot of outdoor work, I have to say Newham is unique," he said, "because Under the Stars is free and there's such a big community involvement. Especially with outdoor concerts, there's a much bigger social element - the music is part of a bigger evening. Newham is intimate, you can see the audience's faces and can talk to them."

John, who was born in St Helens in Merseyside, says he came from a working class family where his grandfather loved singing. He whole-heartedly supports Newham Council's Every Child a Musician programme which sees school children in Years 5 to 7 given two musical instruments and weekly tuition.

"At school I was desperate to learn to play the flute but the school did not have a spare one so they said 'We'll provide lessons if you can provide the flute'," he recalls. "My parents went to a music shop in Southport and they bought me a flute and the school provided the lessons. That was how I got into music and at 15 got my first chance to conduct a piece with the youth orchestra."

"Coming to Newham doesn't feel like a million miles away from my upbringing."

He enjoys a broad spectrum of music from heavy rock, to jazz and opera and admits to being a big fan of the Rolling Stones.

This year's performance by the RPO will also feature for the first time tenor Rodney Earl Clarke and soprano Mahera Marshall.

For further information visit [www.newham.gov.uk/uts](http://www.newham.gov.uk/uts)

Mayor of  
Newham

**FREE  
ENTRY**



# live music WEEKEND

**18-20 AUGUST 8PM TILL LATE**

**FRIDAY 18 AUG**  
Feel good Friday with Bryan Gold

**SATURDAY 19 AUG**  
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Tamara Nicola, Keetra  
and Pilo Adam

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Eligible applicants may apply for financial  
support in the Student Loans Company (SLC)

## Parliamentary Election 8 June 2017 East Ham and West Ham constituencies

I, the undersigned, (Acting) Returning Officer for the above  
constituencies hereby give notice that I have received the returns  
and declaration as to election expenses of the undermentioned  
candidates and election agents

Surname	Forename	Election Agent	Constituency
Abdai	Choudhry	Choudhry Afzal	East Ham
Al-Ghazali	Kunzi Miranda	John Odey	East Ham
Chetty	Chick Anthony	Kenneth Lyle	East Ham
Rahman	Serail Charles	Daniel Odey	East Ham
Travis	Maria Zilur	Abdul Kadir	East Ham
Williams	Stephen Grewell	Umamah Deyal	East Ham
Beaton	Shawelle Erasmus	Quash-Evans	East Ham
Boon	Rosemary and Catherine	Daniel Odey	West Ham
Reynolds	Len Gertl	John Gray	West Ham
Shadows	Paul Edward Michael	Quash-Evans	West Ham
Spencer	Kayode	Stanley Cordle	West Ham
Spence	Paulok	John Odey	West Ham
Spence	Michael John	Kenneth Lyle	West Ham

These returns and declarations (including the accompanying documents)  
are laid on record by appointment at Room 36, Newham Town Hall,  
Barking Road, London E6 2PP during office hours within the next (seventy-two)

Kim Bostany-Dery  
(Acting) Returning Officer  
Dated 12 July 2017



# College stars shining bright

The achievements of some of the most outstanding students at Newham College of Further Education were celebrated at a gala Shining Stars Awards Ceremony at the college's East Ham campus.



Fifteen awards were handed out, including an equality and diversity award sponsored by Newham Council and supported by charity Stonewall UK. It was won by Mahbuba Mim and presented by 'I'd Say You've Worked Right' presenter Robbio Lyle.

Hundreds of guests attended, including employees, industry leaders and East Ham MP Stephen Timmins. Teesa Sanderson CBE co-hosted the ceremony. Other guests included sports and entertainment agent Jon Smith and Arsenal Fan TV presenter Robbio Lyle.

It was the final event for college principal and chief executive, Di Gowland, who has retired. She said "It's been a remarkable year with more students than ever progressing to Oxford and Cambridge as well to Russell Group Universities. The Shining Stars Awards highlight the very best of these accomplishments."

Students at every level were applauded and many who didn't win received highly commended certificates.

The awards were sponsored by businesses and organisations including Aspers Group Ltd, Gateway Qualifications, Goldline Car Services, J.L. Ltd, Move It Recruitment, Celo Football, Newham Council, University of East London, McDonald's, Newham Chamber of Commerce, the Newham Recorder, Greenhost and Capita Managed IT Solutions.



The evening raised £51,613.50 to support the Learning Revolution Trust, the college's chosen charity which helps remove financial barriers to education faced by many students.

## Award Winners

Representing Newham College with Distinction –

### Boost Volunteers

College Achievement of the Year – Catherine Owireda-

### Oppong

Excellence and Innovation – Mahbuz Ahmad

Equality and Diversity – Mahbuba Mim

Outstanding Contribution to College Life – Dina Azanda

Outstanding Progress – Adam Talas

Learning Revolution Trust Student of the Year –

Jaskiran Kaur-Mah

Low Food Champion – Ivy Newburn-Okei

Class Group of the Year – Level 1 ESOL for Young Adults

Work Ready Student of the Year – David Taw Yebosh

Apprentice of the Year – Joe Dowling

Governors' Award – Rachelle Grant

Staff of the Year Award – Ridwan Nadi

Higher Education Student of the Year – Gareth King

Further Education Student of the Year – Darnetta Smith

## Raising money for tower victims



Youngsters have been taking part in ab crumpling, baking and cooking in a bid to raise funds for the victims of the Grenfell Tower fire.

Teenagers from the Shepperton Youth Centre's Members Committee held a mini-fete at the centre in Prince Regent Lane, Custom House, and served up homemade brownies, lemon drizzle cake and BBQ pork chicken as part of an effort to encourage the community to donate towards the cause.

The youngsters also competed in a sponsored ab crumch to raise more money for those who have been left homeless by the tragedy.

"Raising money is a fun and engaging way for our young people to see their actions having a positive impact on their world. It can provide the opportunity to practice useful skills, investigate issues, as well as being a legitimate response to wanting to do something to help," said centre manager Florina St Martin.

## Learn to row on the docks

London Youth Rowing are offering Newham's youngsters the opportunity to get active and learn to row this summer.

Eleven to 18-year-olds can learn to glide along the water at Royal Docks Adventure, formerly the London Regatta Centre, at a discounted rate from July 31.

Newham residents will pay only £4 for a 90 minute coaching session, normally £26.50, with experienced London Youth Rowing coaches.

Learners can book an individual session or a week long course. The coaches will take participants from the rowing machine inside and guide them on to the water in the dock.

Those that book a week of sessions will also be entered into a prize draw to win a London Youth Rowing t-shirt.

To book a taster course visit [www.londonyouthrowing.com/summercourse](http://www.londonyouthrowing.com/summercourse)





## Community marks Eid

More than 200 residents gathered in celebration to mark the end of the Islamic month of Ramadan at the Bow Together for Eid Community Garden in East Ham.

The Bow Down Community Association used funding from Translating News to arrange the free Eid event which included face painting, face painting, crafts and food.

Local imam Samirullah Girdi introduced the event. He said: "In these dark times where people live in fear of terrorism, extremism and hate crime, it is so important that we have these events where people can come together in the spirit of harmony and love."

In addition to organising events the association offers free community gardening sessions from 10am-1pm on Wednesdays and 1-3pm on Saturdays throughout the year, where local people can learn how to grow fruit and vegetables. For more information visit [www.bowndown.org.uk](http://www.bowndown.org.uk)

## SLIDING DOWN FOR CHARITY

Brokleyer Dan Stubbs is used to getting hands on with buildings, but soon he will be using his hands to hold ropes, rather than ladders, as he slides down one of London's iconic buildings for charity.

Dan will be one of a hundred thrill-seekers taking on Richard House Children's Hospice's Bridge Tower Abseil on September 15 to raise money for the charity which supported his step daughter Samantha.

From the age of 11 the family were supported by the hospice in Boston when Samantha was recovering from operations with respiratory issues.

The abseil is an important event in the Richard House calendar. The money raised goes towards the £2 million a year the hospice needs to provide care and support for children with life-limiting illnesses and their families.

Born in 1997 and Dan added: "I wanted to give back to Richard House for everything they have done for my family. This is my way of saying thank you for their support during that time."

If you want to be part of the abseil visit [richardhouse.org.uk/abseilgoabseil](http://richardhouse.org.uk/abseilgoabseil)



## Celebrations multiplied

Maths teacher Francis Opoku from Polaris School in Canning Town, has been named Secondary Maths Teacher of the Year after returning from a successful Ghanaian school exchange.

The teacher, who arranged the exchange trip which has been three years in the planning and fundraising, has been given the mathematical accolade by the London North East Maths Hub.

Francis received the award for his creativity in the classroom and the reputation he gives to students.

He said: "It is an honour to have been named the Secondary Maths Teacher of the Year. My colleagues around that maths is taught at the highest standard. Polaris is a unique place to work and it's great to take part in projects such as our Ghana exchange trip."

Head teacher Charlotte Robinson added: "We are all very proud of Francis for his fantastic achievement, which is testament to his hard work and commitment, including leading the students on the Ghana trip this month."



# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,  
JOKES AND POEMS TO  
KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU  
or [newhammag@newham.gov.uk](mailto:newhammag@newham.gov.uk)

Don't forget to add your full name, age, address and contact  
number with your entry. We cannot return any entries.

## GALLERY



Abdurrahman Shahid, 7



Amir, 12



Nicholas Subczak, 7



Maryam Islam, 7



## Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU or [newhammag@newham.gov.uk](mailto:newhammag@newham.gov.uk). Don't forget to write your full name, age, address and contact telephone number with your entry. Good luck! Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



## Colour-me-in Word-Fit

You must find the following words in the grid



## Poem

I am grateful to the world,  
I am grateful to trees,  
I am grateful to cows,  
I am grateful to dogs,  
I am grateful to the forest,  
I am grateful to birds,  
I am grateful to books,  
I am grateful to shoes,  
I am grateful to horses,  
I am grateful to animals,  
I am grateful to music, dad and brother

Harry Dutt, 6

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# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE

1

**Day Focused** – free fun and creative photography sessions for all provided by volunteers from the National Citizenship Service. To: 4 Aug and Thurs 17 August, 2pm to 4pm, at East Ham Library, E5

2

**Binging for the Brain** – free singing sessions to bring people together in a friendly and stimulating social environment. Sessions take place at Stratford Library, E15, on the second Monday of the month from 2pm to 4pm

3

**Inclusive Yoga** – for people who prefer a slower gentle exercise class on a chair or on a mat. Free and open to all at Beckton Globe Library, E5 on Tuesdays from 11.15am to 12.15pm

## ADULT READING GROUPS

Come and talk to us at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents) or visit our new website. **Shakespeare** Mondays at 7.30pm at Henry North Street, E15. **Debut** Weds. 7pm at Stratford Library from 4.45pm to 7.45pm on Weds. 19.08.15. **Widdows** Weds. 7pm at Woodgrange Road, E7, on Weds. 19.08.15. **More to Read** Thurs. 5.30pm at E7. 19.08.15



## TRY SOMETHING NEW... GET CONNECTED

Join these free sessions if you want to learn how to how to shop online, use email, or be able to watch your favourite TV programmes online.

Bring along your own lap-top computer, tablet device or smart phone to discover more about what they can do for you.

Sessions take place at Plaistow Library North Street, E13, on Wednesdays from 2pm to 3pm and Green Street Library, Upton Park, E13, on Wednesdays from 4pm to 5pm



### Indicates free sessions

*Libraries unless stated*

### UNDER-FIVES

#### **Teddy Bear Hunt**

Family story session for under-5s. Sat 5 Aug, 11am-2pm, Beckton

#### **Storytelling**

Tues, 10.45-11.30am, Tues, 1.15-2pm, Canning Row  
Tues, 10.30-11.30am, Tues, 11am-12noon, Plaistow, Fri, 10.30-11.30am, Manor Park, Tues 10.30-11.30am, The Gale, Sat 11.30am-12pm, Green St, Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow, Tues, 10.30-11.15am, North Woodwich

#### **Story and Play**

Support for parents and carers to develop their child through play. Sat, 12-1pm, Green St  
Wed, 10.30-11.30am, Plaistow  
Tues, 8.15-10.15am, Thurs, 8.15-11.15am, The Gale

#### **Jugglers Session**

Fri, 10-11am, Plaistow

#### **Reading Together**

Thurs, 2.30-3pm, Custom House

#### **Bumps and Bubbles**

Fri, 2-4pm, The Gale

#### **Baby Yoga**

Five-week course. Register at Rebecca Chisham Children's Centre on 020 8534 3735  
Wed, 9-9pm, Stratford

#### **Baby Rhyme Time (Up to 12mths)**

For babies and parents to develop communication skills through sign. Wed, 12.30-1.30pm, Manor Park

#### **Music and Movement**

For children and parents or carers to get active using different types of clowns and instruments. Tues, 9.30-10.15am, Plaistow

## YOUNG PEOPLE



### Chatbooks (7-12)

A new book club to inspire young children to read for pleasure. It includes fun and creative activities to encourage young children to participate and read in an interactive way. Sat, 2:30-3:30pm. **Plaslow** Weds, 5-6pm, **The Gate**; Tues, 4-5pm, **North Woodleigh**; Mon, 4-5pm, **Custom House**; Mon, 4-5, **Ganning Town**

### Games Club (7-18yrs)

Sony PS3, Xbox360, Wii, board games and more. Tues, 3:30-5:30pm, **Custom House**; Weds, 3:30-5pm, **The Gate**; Thurs, 4-6pm, **Ganning Town**; Thurs, 3:30-5:30pm. **Plaslow**

### East Ham North Zone

Sony PS4, Wii, table and other activities. Tues, 4:15-7:15pm, **East Ham**

### Arts and Craft Workshop (6-12yrs)

Sat 2-3pm, **Ganning Town**; Sat 2-3pm, **Custom House**; Sat, 1-2pm, **Green St**; Sat, 2-3pm, **North Woodleigh**; Tues, 3:30-5pm, **Plaslow**; Tues, 4-5:30pm, **The Gate**

### East Ham IT Youth Zone

Support in using IT for homework and fun. Mon, 4:15-6:15pm, **East Ham**

### Family Movie Club

Sat, 3-5:30pm, **Green St** (up to 18yrs); Sat, 2-4pm. **Plaslow**; Sat, 5:30-7:30pm, **East Ham**; Thurs, 4-6pm, **North Woodleigh**; Sat, 4-6pm, **Minor Park**; Fri, 4-6pm, **The Gate**

### Young People's Positive Activities (6-18yrs)

Weds, Fri 7-9pm, **Harold Rd Cards**

### Table Tennis Mondays

Meet new people and try your hand at table tennis. Mon, 4-7:30pm (for ladies), **The Gate**

### Legos Club

Create Lego models based on weekly themes. Sat, 3-4pm. **The Gate**; Sat 2-3pm. Thurs, 4-5pm, **Green St**

### The Kwando Club

Contact [Ahmquib@hotmail.co.uk](mailto:Ahmquib@hotmail.co.uk) or call 07984 684 805 for more info. Fri, 6:45-7:45pm, **Green St**

### The Chat Spot (13-18yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3:30-6:30pm, **Stratford**

### Code Club (7-18)

Scratch, Python, cartoons, websites and more. Booking required. Sat, 10-11am for beginners or 11am-12noon for improvers, **Custom House**

### Junior Football Sports Coaching - activeNewham (7-12yrs)

Fri, 4-5pm. **Jack Cornwall C.C.**

### Performing Arts Activities

A range of dancing and singing, family arts activities. Fri, 5-7:30pm, **East Ham**

### Doctor Blah

Get your kids health checked. Sat 29 July, 11:30am-3:30pm, **North Woodleigh**

### Youth Works

Table tennis, Sony PS4, cameras, chill zone, healthy living and other activities for ages 11 to 19. Weds, 5:30-8:30pm, Thurs, 5:30-8:30pm, **Katherine Rd C.C.**

## ACTIVITIES AND SUPPORT



### Afternoon Tea

Weds, 4-5:30pm, **Ganning Town**

### Chess Club

Tues, 3:45-5:15pm. **Bookton**; Mon, 5:30-7:30pm, and Thurs, 5:30-7:30pm, **East Ham**; Thurs, 5:30-7:30pm. **Stratford**; Tues, 1-2pm (ladies), 3:30-7:30pm (children), **The Gate**; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), **Custom House**; Weds, 5-6pm, (children), Weds, 5:30-7:30pm (ladies), 5:30-8:30pm (children), **Ganning Town**; Weds, 5:30-7:30pm, **Green St**; Weds, 3:30-5pm. **Plaslow**

### Coffee Mornings

Tues, 11:30am-1pm, **Stratford**; Mon, 11am-12:30pm, **North Woodleigh**; Thurs, 10:45am-12pm, **Ganning Town**; Tues, 11am-12:30pm. **Custom Ha**; Fri, 11am-12noon, **Green St**

### Do it Online (18yrs+)

Computer classes. Weds, 2-4pm, **Stratford**; Tues, 2-3:30pm, **North Woodleigh**; Thurs, 1:15-2:15pm, **Custom House**; Tues, Thurs, 11am-1pm, **Green St**; Weds, 10am-12pm, **Plaslow**; Mon, 1-2:30pm, **Ganning Town**; 1:30-2:30pm, **North Woodleigh**

### Knit & Natter (18yrs+)

Fri, 10:45am-12pm. **Ganning Town**; Weds, 10:30am-12noon, **Bookton**; Tues, 10:30am-12:30pm. **Minor Park**; Fri, 10am-12noon, **East Ham**; Weds, 10:30am-12:30pm, **Green St**; Weds, 10-12noon, Fri, 10am-12noon, **Plaslow**; Tues, 11am-1pm, **The Gate**

### ICT Drop-in Session

Set up a My Newham profile and create an email account. Weds, 11am-1pm, **The Gate**

### Life in the UK Classes

Support for people taking the Life in the UK test and B1. Call 0208 549 3804. Tues, 12:30-2:30pm, **Stratford**; Weds, 12:30-2:30pm, Fri, 9:30-11:30am, **Plaslow**

### ESOL for Beginners

For adults seeking to improve their English. Tues, 9:30-11:30am, Weds, 9:30-11:30am, **Jack Cornwall C.C.**

### Citizens Advice Sessions

Sessions on money management. 1st Mon of month, 11am-1pm, **Minor Park**

### Basic Computer Skills Fri

10:30am-12:30pm, **Minor Park**

### English Conversation Club

Practice spoken English. Mon, 6-7:30pm. Weds, 10:30-11:30am. **Minor Park**; Thurs, 3-4pm. **Radford Rd Institute**; Sat, 10am-12pm. **Stratford**; Mon, 10-11am, **Jay's C.C.**; Mon, 10-11am. **Plaslow**; Thurs,

10:30-11:30am, **Green St**; Tues, 11:30am-12:30pm, **North Woodleigh**

### Stratford London

**TenBreaders** Public speaking club. First and third Mon of month, 6-8pm, **Stratford**

### Docklands Drop-in Group

Weds, 12:30-2pm, **Bookton C.C.**

### Poetry Group (16+)

Sat 11am-1pm, **Mon**; 6-7:30pm, **Stratford**; Weds, 6-7:30pm, **East Ham**; Tues, 2-3:30pm, **Jack Cornwall C.C.** [email:scsqsqu@btinternet.com](mailto:email:scsqsqu@btinternet.com)

### International Lunch Club

£3 per meal. Mon, 12noon, **Bookton C.C.**

### Dominos (12+)

Test your skills or learn to play. Sat, 2:30-3pm

### Conversation/debate Class for ESOL

Improve your spoken English with friendly beginners conversation and debate club. Tues, 6-7:30pm, **Ganning Town**

### Table Tennis Mondays

Mon & 10am-6pm. **The Gate**

### Board Games for Adults (16+)

Carrom Board, chess and other board games for adults. Thurs, 5:30-7:30pm. **The Gate**

### Workplace Drop-ins

For residents looking for employment to discuss job vacancies, training etc. Every Fri, 10:30am. **Green St**; Thurs, 3-5pm. 10 Aug (for ladies), **Minor Park**; Thurs, 2-5pm, 10 Aug, (for ladies), **Ganning Town**; Tues, 2-5pm. 1 Aug, (for ladies), **Custom Ha**; Tues, 2-4pm, 8 Aug, (for ladies), **The Gate**; Weds, 3-5pm. 9 Aug, (for ladies), **East Ham**; Weds, 2-4pm, 2 Aug, (for ladies), **Stratford**

### Embroidery (16+)

Learn new sewing skills or find new ways to make things using fabric. Thurs, 10:30am-12:30pm, embroidery. Thurs,

10.30am-12.30pm embroidery,  
Manor Park

**Creative Writing and Poetry  
Group (16+)** Thurs 6.30-  
7.30pm Canning Town

**An app a day**  
Learn how to make the  
most of your devices. Mon,  
6-7.30pm, Canning Town,  
Tues 6-7.30pm, Manor Park

**Pop In Bingo (18+)**  
Game and join with your local  
community and get ready to  
shout Bingo. £1 per book. Tue  
7-9pm North Woolwich

**Together We Can**  
Support group for adults  
under 30 who've suffered a  
stroke. Fri, 5-6pm, Plaistow

**Model Train Workshop**  
Join other enthusiasts. Mon,  
7-9.30pm North Woolwich

**Alcoholics Anonymous**  
If you have a concern about  
your drinking, call Alcoholics  
Anonymous for meetings in  
Newham on 020 7407 0700

**Saler Neighbourhood  
Drop-In**  
Speak to your police Saler  
Neighbourhood Team about  
crime and disorder issues. Last  
Thurs of month 10-11.30am  
Canning Town. Third Mon of  
month 5-7pm, and fourth  
Sat of month, 11am-12pm  
both East Ham

**Oral Health Drop-in**  
First Thurs of the month,  
2-3pm The Gate

**Family Seisa**  
High tempo and fun seisa  
sessions for all. Sat, 4-5pm,  
and 7 Sept, East Ham

**Crochet Course**  
All ages welcome. Mon, 10am-  
12pm Plaistow

**Book Club and Creative  
Writing Group**  
Hosted by Hussein Khan,  
author of The Baby Ganesh  
Detective Agency Series. Ages

15+ Tues 6-7.30pm, Manor  
Park

**COMMUNITY  
ACTIVITIES**

**Any Old Irons** Share memories  
of World War II. Tues 10.30am-12.30pm, East Ham, Book on  
0200 332 1170

**Newham Steelpan Classes**  
Learn to play the instrument. Fri,  
5-6.30pm, Stratford Library

**BOOKING AND  
SELF DEFENCE**

**Boxing (Newham College)**  
Mon 5-6pm, East Ham  
College, High St South. £5

**Fight For Peace Boxing**  
Mon to Fri, 4-6pm 19-14yrs,  
Mon to Fri, 5-6pm, 14+yrs  
Woodson St, North Woolwich,  
£15. Call 020 7474 0254

**Boxing and Self Defence**  
Tues 5-6pm (16+), 4-5pm (5-  
11yrs) Jack Cornwell C.C.

**West Ham Boys ABC**  
Mon, Weds, Fri, mixed (8-15yrs),  
5-6pm, Sat, boys (6-11yrs), 10-  
11am, girls (8-15yrs),  
11am-12pm £2.2 London Rd,  
£15. Call 020 8457 3514

**Martial Arts**  
Learn new skills, self defence  
Adults, £3, Thurs, 5-7pm,  
Beckton Glabe

**Bootcamp and Karate**  
Tues 5-6pm, Bootcamp,  
Thurs 5-7pm Karate both  
at Newham College, Stratford  
Campus, Walkers Rd, Stratford

**Kickboxing and Yoga**  
Sat, 10-11am, Katherine Rd C.C.

**Martial Arts**  
For children aged 7 to 12 with  
a professional teacher. £2,  
Tues 6.45-7.45pm Thurs  
4.45-5.45pm Beckton

**Women's Boxing**  
Monday's 9.15-10.15am,  
Katherine Road C.C.

**HEALTH AND  
FITNESS**

**Beckton Strolls and Stories**  
Start the week with a fun walk  
to the park and then back to  
the library for a snack and a  
storytelling session. Routes  
are buggy friendly and led by  
a professional walk leader. For  
more details call 020 3070  
0853 Moor outside Stratford  
Glabe Library, Mon, 9.30-  
11.30am

**Yoga Course**  
First class £5, £3 after that or  
£35 for five sessions. Mon,  
7.15-8.45pm, at Maryland  
Studio, Leytonstone  
High Rd, £75. Contact  
yogamethodandbody@gmail  
com

**Dancewise** Ages 14 and over,  
men and women. Sat, 11am-  
12pm Katherine Rd C.C.

**Seisa Dancing (15yrs+)**  
Mon, 3.15-4.45pm, Beckton C.C.,  
Tues 11.45am-12.45pm, Plaistow  
C.C., Sat, 5-7.30pm, Stratford,  
Sat, 2.30-5pm, The Gate, Mon,  
4-6pm, East Ham

**Nordic Walking**  
Wed, 9.15-10.30am. Meet  
at Plaistow C.C. Not suitable for  
wheelchairs

**Tai Chi Class**  
Fri 10.30-11.30am, Beckton  
C.C. Weds & 15-9.15am,  
(book an advance, library  
members only). The Gate  
Fri, 5-6pm Beckton Glabe

**Latin and Ballroom dance**  
Mon, 12-12.45pm (beginners)  
1-1.45pm (intermediate),  
Carpenters & Cookland Centre  
Oatlands Rd, £15

**Yoga**  
£5 Thurs, 6.30-7.30am  
Greenwich, Fri, Mon,  
6-7.30pm Beckton, £1 Weds,  
6-7.30pm, East Ham, Sat,  
10am-12pm, Plaistow, Thurs,  
6.15-7.45pm The Gate, Tues,  
7.15-8.45pm, Stratford, Tues  
7.30-8.30pm, £1 Tues,  
7.15-8.45pm, Stratford, Mon,

Tues 6-7.30pm Green St  
Meds, 12.30am-1.30pm,  
Katherine Rd C.C.

**Tone-Tonic (18yrs+)**  
Mon 2-3pm, Plaistow C.C.

**Stroke Club (18+)**  
For men and women living with  
the effects of stroke. Weds,  
2-3pm, Katherine Rd C.C.

**Hula Hooping**  
Fun sessions. No experience  
needed. Sat, 2.30pm, Plaistow,  
Wed, 6-7pm, Stratford

**Pilates Classes (18+)**  
Mon 9.30-10.30am Jack  
Cornwell C.C., Thurs, 6-7pm  
Manor Park

**Unity Zumba**  
Mon, 8-9pm, Ripcut, 287  
Barking Rd, £5, Tues 8-9pm,  
St Mark's C.C., Thurs, 8-9pm,  
St Mark's C.C. Classes £5 per  
session. For details go to info@  
advice.co.uk

**Tai Chi in the Park (18+)**  
Forest Lane Park, £7. Meet at  
corner of Forest Lane and Meggie  
Grove, Monday 11am-12pm

**Plastow Social Walk**  
Fun social walk to improve your  
fitness and make new friends.  
For all ages and abilities. Meet at  
Plaistow Library to start off  
on the walks. Tues and  
Sat, 10-11am

**Tai Chi Sword Class**  
Adults only Weds, 10.30am-  
11pm, Beckton C.C.

**Mookin Arnis**  
Filipino martial art with sticks.  
Tues 4-5pm (children), Thurs,  
5-6pm (juniors), Sat 11am-  
12pm (children), Jack Cornwell  
C.C.

**Breathe Easy Group**  
For people over 18 with lung  
conditions. First Thurs of month,  
12.30-2.30pm, Beckton C.C.

**Walking Yoga**  
Open to all. Thurs, 2-3pm. Meet  
Stratford Library and walk to  
Stratford Park for yoga

## Cycling Programme

For learners and less confident cyclists aged 50+ bring your own bike or ask to borrow when booking. Sessions in Royal Dockes with qualified instructor Mon, 10.30am-12.30pm, and 2 Sept. Call 020-5570863 for details

## Quadrille Dancing

Try this classic dance style. Mon, 1.30-2.30pm, East Ham

## 30+ ACTIVITIES

### Bingo

Mon, 11.30am-1.30pm, Beckton C.C. Mon, 12-4pm, Joyce C.C. Thurs, 7.30pm, Jack Cornwell C.C.

### ICCAN

Flash based group with cultural activities. Fri, 12-1pm, Joyce C.C.

### Active Centre Group

Weds, 12-4pm, Field C.C. Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

### Dominance Group

Fri, 8-10pm, Field C.C. Weds, 1.30-4.30pm, Plestow

### Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton Wdcs, 10.30am-12.30pm, Field C.C.

### Happy Living Club

Indoor/outdoor activities Tues, Weds, 1.30-5.30pm, Joyce C.C.

### Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

### Walking Football

Email: rghanswell@westham united.co.uk or call 07903 801269. Tues, 10-11am, Pecky Park

### Get Active, Get Healthy, and Exercise for Fitness

Thurs, 11-12noon, Jack Cornwell C.C.

### Get Active, Get Healthy

— Walk to the Park Mon, 10.30-11.30am, Manor Park

### Community Cooking Project

5-6 week course. ES. Tues, 10am-12pm and 12.30-2.30pm, East Ham

### Pilates Class

Tues, 9.30-10.30am, Field C.C. Mon, 9.30-10.30am, Jack Cornwell C.C. Thurs, 8-9pm, Manor Park, Mon, 10-11am, East Ham

### Chair Based Exercise

For all fitness levels. Fri, 10.30-11.30am, East Ham. Tues, 12.30-1.30pm, Manor Park, Mon, 12.30-1.30pm, Green St Wdcs, 11am-12pm, Stratford

### Fitness

Fitness circuit, mixed 9-11-10am, Thurs. Fitness circuit, mixed, 10-10.45am, Thurs, Zumba, 1-2pm, Tues, ladies only. Exercise for ladies, 9.30-10.30am, Fri, Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri, Katherine Rd C.C.

### Games and Friendship Club

Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham

### Careers Exercise Class

Thurs, 11am-12noon, Manor Park

### Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

### Smart Project

Social group with study discussion and refreshments, Thurs 11am-2pm, Joyce C.C.

### OPEN

### Green Gym

Weds, 10am-1pm and Sat, Sat of month, meet at Water Centre in East Ham Nature Reserve, Newham Rd, ES. Call 07945 970166

### Green Volunteering

Tues and Thurs, 10am-12pm Skewton Wj, E16 (app. Halbottle Rd)

### Garden Club

Tues, 1-2pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gate, Bromley Row, E15

### Gardening Rhythms

Gardening Club Fri, 11am-1pm, Bowling Green, Central Park, High St South, ES

### Greenwave Garden

Volunteering. Thurs and Sat 11am-1pm, Skewton Wj, E16. For information call 07773 863384

### Community Gardening

Tues 11.30am-2.30pm, St John's Green Community Garden, Tues, 10.30am-12.30pm, Beckton C.C.

### Gemsy Orchard

Volunteering. Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd, E13 Thurs 11am-1pm

### Community Food Growing

Project Come and grow together in our new community growing space. Weds, 12-1pm, East Ham.

### Foraging Walks

Cultivate an appreciation of nature. All ages. Thurs, 6-8pm, North Woodwich

### DOORSTEP CLUBS

Call 0200 124 0123, unless otherwise stated

### Athletics Club (14yrs+)

A multi sport session focusing on athletics, football and the gym. Tues, 8-9pm, Newham Leisure Centre, E13. Call 07718 394766

### Gym & Basketball (14yrs+)

Tues, 8-10pm, E2, Rokeby School, Barkin Rd, E18

### FEMALE SPORTS

### Basketball Sessions

Tues, 4-6pm, Chesham Academy, 40 Chesham Ln, E20

### Female Softball (14yrs+)

Mon, 4-5-5.15pm, Bealton Leisure Centre, E13. Call 07970 783626

### Gels Group Cycling (17-19yrs)

Sundays and Thurs, 5-6.30pm, Newham Leisure Centre, E13

### Modern Arts Martial Arts (18yrs+)

Tues, 5-6pm, Call 07479 03050, Jack Cornwell C.C.

### Female Only Gym Sessions

Mon, 5-6pm, 18-25yrs Mon and Weds, 7.30-10.30pm, Tues and Thurs, 12-1.30pm, Sun 5-6pm, 11-11yrs, Newham Leisure Centre, E13. E4 65

### Get Back into Netball

Tues, 6-7.30pm, juniors, 7.30-9pm, seniors, ES. Lister Community School, E13. Email: opennetball@hotmail.com

### Abs Club (11-15yrs)

Thurs, 5.30-6.30pm, E3, 10, Newham Leisure Centre, E13

### Fun Female Fitness (14yrs+)

Weds, 5-6pm, Newham College, East Ham Campus, ES E9. Email: sport@newham.ac.uk

### Female Only Zumba

Tues, 8-9pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-8pm, The Wal C.C, Wargate Ln, ES E1. Call 07741 282893, Thurs, 10-11-11.15am, Stratford, E2, ESQ, Mon, Weds, 6.30-7.30pm, Asia Community Hub, 14A Cornal Rd, E16 2DE, E2, ESQ

### DanceDance (12-16yrs)

Street dance, Fri, 3.30-6.30pm, Newham Leisure Centre, E13

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, Newham, E13

### Swim for Families

Dealing with Autism. Weds, 4-5pm, Bealton Leisure Centre, E13. Call 0200 124 0123

### Family Swims

Sat, 4.30-5.30pm, Newham Citizens Swimming Club,

**Newham Leisure Centre, E13**  
Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Belem Leisure Centre, E13. ES. Call 0300 124 0123

#### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

#### RUNNING AND ATHLETICS



**Beckton Park Run**  
Sat, 8am. Beckton Park South ES. Call 07718 384758  
[www.parkrun.org/beckton](http://www.parkrun.org/beckton)

**East End Road Runners**  
Tues and Thurs, 7pm. Sun. 8am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 0300 124 0123

#### Run Together

12 weeks started. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.40pm, Newham Docklands, E16 (meet at reception). Weds, 12-1pm, Newham Docklands, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Memorial Park, E15, 04 (meet at car park). Call 07718 384758

#### Running and Athletics

Newham & Essex Beagles Athletics Club. Visit [www.newhamand Essex.beagles.co.uk](http://www.newhamand Essex.beagles.co.uk) for more details

#### SPORTS



**Black Arrows**  
Badminton Club  
Adults, Fri, 7-9pm, Juniors, Sat, 10am-12noon, E3.76, East Ham

LG Adults. Weds, 7-9pm, UEL SportsDeck. Call 07602 037173

#### Adult Tennis (16+)

Sat, 9-10am, 10-11am, 7pm-11pm. Central Park Tennis courts, High St South. East Ham, ES E8. Sun, 9-10am, 10-11am, 7pm-11pm. Stratford Park Tennis courts, West Ham Ln, Stratford, E15. 497 Contact: rachael.daniels@newham.gov.uk  
07741 293513

#### Table Tennis (14yrs+)

Thurs, 4-4.50pm. Newham College, East Ham Campus. E15 6PR. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

#### Croquet (14yrs+)

Tues, 8-9pm, Newham Sea Farm College, E13. Call 07476 26626

#### FOOTBALL



#### A11 Football (15yrs+)

Tues, 7-9pm, Fri, 10am-12pm, Memorial Park, Memorial Ave. E15. Fri, 3-5pm, Beckton Powerleague, ES. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

#### Mayor's Football League

U10yrs, U12yrs, Mon, 4-5.30pm, U14yrs, U16yrs, 6-7pm. Newham Leisure Centre, E13

#### Premier League (15yrs+)

6-a-side (8 a-side) Weds, 7-10pm, Newham Leisure Centre, E13

#### WU/ Kicks

Mon, Tues, Fri, 4-7pm, WHICIS, Beckton 3G. 6GA. Athletes, C, ES. Thurs, 6.30-7.30pm, Little Bird Learning Zone, 1 Rectory Rd. E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre. E13

#### Academy Football

Sat, 9.15-10.45am, ES, reception to year 11. Royal Dock School, Prince Regent Ln, E16. Call 07086 584925

or 020 7577 1232

#### BASKETBALL



#### Basketball

Tues, 5.30-6.30pm. Forest Gate Community School, E7 5BS. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

#### Basketball & Multi Sports

Fri, 5-6.30pm, 8-10pm. Snowhill MUGA, Snowhill Rd, E7

#### Basketball Sessions

Thurs, 5.30-6.30pm, Little Bird Learning Zone, 1 Rectory Rd, E12

#### NCFE Sports – Basketball

Thurs, 5-7pm. East Ham Leisure Centre. To register email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk) or call 020 5257 4255

#### Senior Programme

Mon, 7.30-9.30pm, Dawson 2 women and division 3/4 men. Rokaby School, E16. Call 07847 401616

#### COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Rd, ES, unless otherwise stated. There are no meetings taking place in August.

#### CONTACT THE MAYOR

There are no Here to Help sessions or Telephone Surgeries taking place in August.

## CONTACT DETAILS

#### LIBRARIES & COMMUNITY

**WICKWOODS**  
Beckton Globe 1 Kings Rd, ES. Coming Team Barking Rd, E7. Custom House Prince Regent Ln, E16. East Ham 101 Barking Rd, ES. Green Street 101-101 Green St, E12. The Gate 2-5 Woodhouse Rd, E7. Manor Park 101-101 Stratford Rd, E12. North Woodhouse 6-101 Woodhouse, E16. Phoenix North St, E12. Stratford 3 The Drive, E7. Archway and Local Studies 020 3373 6501. Community Outreach 020 3373 33013. Church of God 37 Manor Park Road, E12. 020 3371 3494

#### LEISURE & SPORTS VENUES

**Anderson Leisure Centre**  
200 Rother Rd, E16. **Belem Leisure Centre**  
14 Salway St, E13. **East Ham Leisure Centre**  
304 Barking Rd, ES. **Newham Leisure Centre**  
201 Prince Regent Ln, E15. **North Dock Docklands Campus, University Wg, E16**

#### COMMUNITY CENTRES (LJ)

**Beckton Community Centre**  
14 Manor Wg, ES, 020 7571 1234. **East Ham Market Hall Myrtle Rd, ES** (WV) 020 5471 0200. **Field Community Centre**  
147 Green Rd, E7 020 5256 2000. **Greenhouse Centre Memorial Park, Memorial Ave, E15** 020 3573 0090. **The Hub** 120 Star Ln, E16 020 3373 0750. **Jack Crosswell Community Centre**  
Jack Crosswell St, E12 020 5553 3489. **Joyce Community Centre**  
7 James G, E13, 020 3373 2206. **Katherine Rd Community Centre**  
204 Katherine Rd, E7, 020 5549 5025. **St Mark's Community Church** 7-15 St Mark's Rd, ES, 020 7414 1007. **Manor Park Community Centre**  
Orley Rd, E15, 020 3373 0230. **Hazel Rd Centre**  
170 Hazel Road, E15 020 5472 2005. **Queen's Market Centre** St E13. **Robbie Rd Institute**  
832 Rother Rd, London E7 5YF. **Royal Dock Learning Activity Centre**  
Albert Rd, North Woodhouse, E16 2JD. **St John's Green Community Garden**  
Albert Rd, North Woodhouse, E16 2JD. **St John's Church**  
Brookfield, Stratford, E15 1AG. **St Bartholomew's Church & Centre**  
2025 Barking Road, E7 2BA. **London Road, 1 London Road, E7 6AT**. **The Community Resource Centre**  
200 Greenfield Lane, E15 8JH 020 3373 3497. **St. Paul's Church Centre**  
207 Burger Rd, E7 2JU

ROYAL  
DOCKS



# ROYAL VICTORIA BEACH

**ROYAL VICTORIA DOCK, E16**  
**17 JULY - 3 SEPTEMBER**

**MONDAY TO SUNDAY, 10AM-8PM**

- STREET FOOD • FAMILY ZUMBA
- BOUNCY CASTLE (SAT ONLY) • DECK CHAIRS
- DONKEY RIDES • PLUS MORE



**FREE**

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Mayor of  
Newham

# UNDER THE STARS

FOUR NIGHTS OF **FREE** LIVE OUTDOOR MUSIC

**THURSDAY 17 AUGUST**

**PATO BANTON**

**DADDY G**  
(MASSIVE ATTACK)

**HORACE ANDY**  
& MAFIA AND FLUXY BAND

**TIPPA IRIE**

**FRIDAY 18 AUGUST**

**APNA  
SANGEET**

EPIKA DANCE TROUPE

**ARJUN**

FARAZ KHAN

CHAND ALI  
KHAN QAWWAL

**SATURDAY 19 AUGUST**

**THE THREE  
DEGREES**

**RUBY TURNER**  
EDWIN STARR BAND  
FEAT. ANGELO STARR

**SUNDAY 20 AUGUST**

**ROYAL  
PHILHARMONIC  
ORCHESTRA**

**FIREWORKS  
GRAND FINALE**

Central Park, East Ham, E6 | Gates Open 6.30pm daily

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No parking on site, please use public transport. You may be searched as a condition of entry.  
No glass bottles or drugs allowed on site. Programme subject to change.

Mayor of  
Newham